

Heritage Center

July/August 2015



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

Services Offered

Arts & Crafts



Cultural Programs



Education



Exercise



Health Services



Information &
Referral



Lunch Program



Recreation



Socialization



Transportation



Travel



Volunteer
Opportunities

Heritage Outdoor Patio Café

Opens Monday, July 13

Breakfast Served

10:00-Noon

Order from the Heritage menu
and have your meal

delivered to your table. Prices range from \$3-5



Free Family Concerts

Monday, July 13—7:00 PM

Salt City Saints—Dixieland Jazz

Monday, August 10—7:00 PM

Ophir Creek—Bluegrass



Pickleball

Heritage Outdoor Pickleball Courts

Ribbon Cutting—Thursday, August 6 at 6:00 PM



The Heritage Center Newsletters are saved for future reference at murray.utah.gov (department Heritage)

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 or email sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with an \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1.00 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Mary Hall

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

Aging Spine Class

On **Friday, July 10 at 10:30** the Center is pleased to have Dallen B. Lovell, PT, OMT teaching a class on the Aging Spine. This presentation will include information about the spine and the effects of aging to help you avoid injury as well as instruction in proper exercise to protect and strengthen the spine. You will also learn about the benefits of physical therapy and the many ways in which it can enhance your lifestyle.

Research has shown that patients with low back pain should consider physical therapy as a first line of treatment for their condition. Approximately 85-90% of adults will be affected by low back pain during their lifetime and it is the single most common diagnosis seen in physical therapy clinics.

This class will educate you on the Aging Spine and give you some tools to strength your spine structure and prevent falls. Dallen is a local physical therapist who has been treating patients with physical therapy needs for the past 26 years. He is dedicated to educating our community about their health care. This is a free class, sign up now.

"Look What I Made" - Beehive Craft

On **Tuesday, July 14 at 2:00**, Susan Callaway will be teaching a Beehive wood craft door hanging project (see sample in the front lobby display case). The cost of the class is **\$5** and includes all the supplies. Please come and join the fun. You will take home your finished project. Sign up now.

Wednesday Painting: Oil & Watercolor

The current Wednesday painting class is full. A new six week session will begin on **Wednesday, August 12 – 9:00-12:00** and will run through **Wednesday, September 16**. The cost is **\$30** and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolors. She will also be teaching oils. Sign up now, space is limited to 17.



Friday, July 10 — Fitness Testing—what is your risk zone? Plus Blood Pressure & Glucose Screening

On **Friday, July 10 from 8:30 to 11:30**, students from Fortis College Nursing School will perform senior fitness testing and will include Arm Curls and 30-second chair stands. Arm curls are the number of bicep curls that can be completed in 30 seconds. The purpose is to assess upper body strength that is needed for performing household and other activities involving lifting and carrying things like groceries, suitcases and grandchildren. Lower body strength helps to reduce the chance of falling. The 30-Second Chair Stand is the number of full stands that can be completed in 30 seconds with arms folded across chest. The purpose is to assess lower body strength which is needed for numerous tasks such as climbing stairs, walking and getting out of a chair, tub or car. ***They will let you know what risk zone you might fall in based on your score on the above tests.*** The students will also be performing blood pressure and glucose testing (fasting is not required for glucose testing, but is advised). This program provides students with an excellent opportunity to gain experience doing the Senior Fitness Testing, blood pressure and glucose screenings. If you are beginning to feel uncomfortable performing certain tasks such as climbing stairs, walking or bringing your groceries into the house, this would be a great screening for you. Please support these screenings that are a great way for these nursing students to get a firsthand experience working with clients. Screenings will take 10 minutes. This is free class, sign up now for an appointment time.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Monday, July 27** or **Aug. 24** from **9:30-2:30**. Sign up at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee at the start of the class. You make your check out to AARP. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class.



Vital Aging—July & August

On **Tuesday, July 28 at 10:30**, we will present a new wellness class called: **Intimate Relationships**. Many people want and need to be close to others as they grow older. This includes the desire to continue to have active and satisfying intimate relationships. But with aging, there may be physical and emotional changes that can be challenging. This class may help you identify some physical or emotional changes that may be interfering in your pursuit of intimate relationships. Kyla of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life. This is a free class, sign up now.

On **Tuesday, August 25 at 10:30**, our wellness class will be: **Letting Go of Clutter**. Do you find yourself holding on to items that you don't need but which you think you might use "someday?" Letting go of unused items and de-clutter issues will be discussed in this class. Tifani will be at the Center at 10:00 to meet with anyone needing one-on-one help. This is a free class, sign up now.

Grocery Guru

The Center is pleased to present Ken Roesbery, the Grocery Guru on **Friday, July 31 at 10:30**. Are you struggling to stay within a budget and running up against the high prices of food and clothing? Ken is featured 3 times a week in both the Salt Lake Tribune and Deseret News. You can also see him Monday afternoons on Channel 4. Ken's program will show you how to save up to 70% on your groceries in less than 20 minutes a week shopping at one store of your choice. In addition, you can save up to 70% on items such as: clothing, dinner, gas for your vehicle, and many other things you need. This is a free class, sign up now.

Recycle Presentation



On **Friday, July 17, at 10:30** a representative from Ace Recycle & Disposal will be at the Center to discuss ways

to improve your recycling skills at home and at the Center. Do you have recycling questions? *What can I recycle? How does it make a difference? What is the best way to create the least amount of trash in our homes and at the Center?* The Ace representative will be here to answer these questions. We have heard many at the Center say, "I don't recycle." All of us can make some small improvements in this area. It is healthy for the environment, it makes you feel good and we can all benefit from recycling. Dawn has been with Ace Recycle for over 15 years and she will be here to share her knowledge about making recycling improvements in your home and at the Center. It takes a little effort on your part but you will be amazed by how much you can reduce the trash going out of your homes each week. This is a free class, sign up now.

Senior Learning Network



This program will discuss various aspects of the Civil War, including life on the battlefield,

life on the home front, the roles of medicine and technology in the Civil War, and the parts that African Americans, American Indians, women, and children played in the war. From the Virginia Historical Society, the Senior Learning Network presentation will air on **Friday, August 7 at 9:00** with a discussion on the Civil War. Sign up now for this free interactive video conference.

Stepping On Reunion

If you participated in the Stepping On program from April 1-May 27, you are invited to attend the Stepping On reunion on **Wednesday, August 5 at 12:30**. This is an opportunity for you to share with everyone how the Stepping On program has helped you in your everyday life, what you enjoyed about the classes and what you would change for the next class. The Center will be offering another Stepping On class starting in September. Look for more information in the August supplement.

Climbing the Peaks

On **Tuesday, August 11 at 10:30**, Carol Masheter will be at the Center to present her slide show and share some experiences from her recent climb in the beautiful Alps. Climbing in the Alps is considered to be very "comfortable." Alpine climbers often use trains and ski lifts to mountain huts, where they buy hot meals and sleep in bunks, instead of hiking for days, building their own camps, and sleeping in tents. However, even in the Alps, unexpected storms and poor route conditions can challenge even the strongest climbers. Climbing in the Alps requires flexibility in plans and maintaining a positive attitude in order to have fun, enjoyable climbing adventures. If you have not seen or heard Carol present one of her climbing trips, you are in for a treat. She has climbed all of the 7 peaks in all of the continents and her tales are inspiring and thought provoking. Presentations of her trips include a visual slide show, which makes you feel as if you are with her in the Alps, Mt Everest, or Iceland, just to mention a few of her adventures! This is a free class, sign up now.

Bereavement Support

The Bereavement Support Group facilitated by licensed counselors and community educators from Serenity Funeral Homes will not meet in July and August. They will start again on **Tuesday, September 8 at 12:30**. Watch for more information in the September Newsletter.

Gadget & Computer Classes



The computer lab has 6 personal computers running Microsoft Windows 7 and one with Windows 8. Computers are available any time a group class is not being held.

The Center also has an iPad available to use while at the Center if you'd like to try out a tablet. There is no charge to use the computers, but printing is 5¢ per page and users must sign-in and list the computer they are using. Private Gadget & Computer Help is available on Tuesday and Wednesday for one hour and the cost is \$3. Sign-up and payment is needed in advance. Instructors can help with phones, readers, tablets, and computers.

SCAMS



Chances are good that a friend, neighbor, or relative in your life has been scammed. And chances are equally good that you'd be happy to help prevent it from happening again. The truth is that sharing **what** you know can help protect someone **who** you know from a scam.

Health Care Scams—here's how they work:

You've seen an ad on TV, telling you about a new law that requires you to get a new health care card. Maybe you get a call offering you big discounts on health insurance. Or maybe someone says they're from the government, and she needs your Medicare number to issue you a new card.

Scammers follow the headlines. When it's Medicare open season, or when health care is in the news, they go to work with a new script. So take a minute to think before you talk: Do you really have to get a new health care card? Is that discounted insurance a good deal? Is that "government official" really from the government? The answer to all three is almost always: **NO**.

Here's what you do: 1) Stop. Check it out. Before you share your information, call Medicare (1-800-Medicare), do some research, and check with someone you trust. What's the real story? 2) Pass this information on to a friend. You probably saw through the requests. But chances are you know someone who could use a friendly reminder.

Congratulations and Thank You Cherylann Nesi

Please join us in saying thank you to Cherylann Nesi, our volunteer of the month. We are pleased to see younger volunteers stepping up with their service hours.

Cherylann was born in Salt Lake City in the 1950's. She has one brother and two sisters. Blessed to be born into a strong Italian family, Cherylann learned from her father the responsibility of giving back to the community. When they went to a park for an afternoon of fun and food, one of the things her dad required of his children at the end of the day was for each of them to go around the park and pick up trash. Cherylann learned at a young age that giving back was an important process in order for the system to work for all. Cherylann has taken this concept into her family, her professional life and also into her volunteer work at the Center. Cherylann started volunteering as a Girl Scout leader, where she helped her sister through that program, and later her two daughters. Cherylann has been a volunteer at the Center since 2009. She started with the pen pal program, has been Mrs. Claus for our evening Christmas Dance for the last several years and has helped with our Open House events in September. Her participation in any event always makes them very special. This past year, Cherylann has been the lead person for many of our Special Events. Those of you who attended the Mardi Gras this past year saw first-hand some of her magic. Cherylann had a vision for how our Mardi Gras could look filled with balloons and all the trappings of a real Mardi Gras in New Orleans. As she was taught by her family, if you are going to do something make it special! The day before the event she blew up over two hundred balloons at home. Her fiancée, Soenke, asked, "How are you going to get all those balloons to the Center?" She told him she would just put them into her truck and bring them over. She loaded the truck in the morning, stuffing all those balloons into the back of her truck, a feat in itself. As she traveled down the road many of the balloons began to explode and the noise sounded like gun fire. This caused concern for several of the nearby drivers. In an effort to reassure them, she told them "no need to worry", these are just balloons for the Mardi Gras at the Center! At one point she worked for two years at a floral shop where she learned to put together flowers and balloons and now creates beautiful flower arrangements for the Center events. Cherylann is an artist who participates in our Art Classes, enjoys traveling, cooking, gardening, crocheting, sewing and growing herbs. In the 1990's Granite School District, where she was a Special Education teacher for 18 years, presented Cherylann with a Teacher of the Year award. The Center is really lucky to have volunteers like Cherylann and Soenke who are always willing to help. Cherylann will be honored at our Volunteer Banquet on **Monday, July 6**. We thank you Cherylann and partner Soenke.



"The Magic of Volunteers"—Annual Volunteer Banquet
Monday, July 6—5:00 PM

Invitations have been mailed—reservations required

Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is **\$8**. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson & Shay Bowthorpe.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, August 27 from 9:30-12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

Classified Ads

Classified Ads can be placed by Center Participants for \$5 (50 word limit). If you'd like to sell something or wish someone a happy birthday, the next available issue will be in the September/October issue and the deadline to submit is August 15. Ads selling something will need a phone number. See the front desk if you'd like more information. The Center has the right to refuse any ad and does not endorse any ad. All transactions made through the ads must be done outside of the Center and not inside the Center.



Quilting Frame for Sale

New "Grace EZ-3" Fabric-Fast No Baste Quilting Frame. It has never been put together. Purchased at Cotton Shop for \$399.99, they now have it on sale for \$250. Will sell for \$100. Interested, call 801-262-0725.

Crystal Stemware "Mona" design for Sale

Service for 8+ for \$100. This is 10 water goblets, 9 sherbets and 9—8" salad plates all for \$100. Online asking price is \$18 per piece. Has been in storage for over 40 years and never used. Interested call 801-262-0725.

Happy Birthday on July 24



Annie Duncan, Lucy Tibolla
Kathleen Sorensen

**Deadline for Classified Ads
is August 15**

Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Thurs., July 16** or **Tues., Aug. 11** from **11:00-1:00**. Appointments are needed. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure



Blood pressure and glucose screening is offered on the following days: **Thursday, July 2; Friday, July 17; Thursday, August 6; Friday, Aug. 21**. All screenings are from 11:00-12:00.

Special thanks to Rite Aid and Garden Terrace for providing this service.

Medicare Help

Need help with Medicare or supplement issues? Sign up for help on **July 21** or **August 18**. Bring documents related to the issues and a volunteer from SHIP will help you out.

Pen Pals for Fall 2015

If you are interested in corresponding with a Pen Pal from Liberty Elementary School starting in October 2015, sign the interest list at the front desk. The program started over 15 years ago and pairs students and Heritage volunteers during the school year to help students improve their writing skills.

2015

Heritage Center Events



Heritage
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov



We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

Monday	Tuesday
9:00 NIA 10:00 Meditation 10:15 Pickleball 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie: The Illusionist 1:00 Dance Lessons 2:00 Strength Conditioning 5:00 Volunteer Banquet	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing
6	7
7:30 Golf—Fox Hollow 9:00 NIA 10:00 Brunch 10:15 Pickleball 11:00 Bridge Lessons / Heber Drive 12:30 Ladies Pool 1:00 Movie: Hugo 1:00 Dance Lessons 2:00 Strength Conditioning 7:00 Concert: Salt City Saints (Dixieland)	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing / 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing 2:00 Wood Craft Class
13	14
9:00 NIA 10:00 Brunch 10:15 Pickleball 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie: Now You See Me 1:00 Dance Lessons 1:30 Ruth's Diner 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing
20	21
8:00 Golf—Round Valley 9:00 NIA 9:30 AARP Smart Driving 10:00 Brunch 10:15 Pickleball 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie: Sorcerer's Apprentice 1:00 Dance Lessons 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi/Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:30 Ruth's Diner Trip 2:00 Beginning Line Dancing
27	28

Wednesday		Thursday		Friday	
9:00 Painting	1	8:30 Ceramics	2	Center Closed 	3
9:15 Pinochle		9:00 Stretch & Tone/Pickleball			
10:00 Yoga		11:00 Blood Pressure/Glucose			
11:15 Chair A'Robics		10:30 Tai Chi			
11:30-12:30 Birthday Lunch		11:30-12:30 Lunch			
12:45 Bingo		12:30 Game Day / Exercise Help			
1:00 Bridge		12:45 Happy Hatter's			
1:00 Computer Help		1:00 Square Dancing			
		2:00 Strength			
		7:00 Dance			
9:00 Painting	8	8:30 Ceramics / Wendover	9	8:30 Senior Fitness Testing	10
9:15 Pinochle		9:00 Stretch & Tone		8:30 Blood Pressure/Glucose	
10:00 Yoga		9:00 Pickleball		9:00 Zumba	
11:15 Chair A'Robics		10:30 Tai Chi		10:00 Yoga	
11:30-12:30 Lunch		11:30-12:30 Lunch		10:30 Aging Spine	
12:45 Bingo		12:30 Game Day / Exercise Help		11:15 Chair A'Robics	
1:00 Bridge		1:00 Square Dancing		11:30-12:30 Lunch	
1:00 Computer Help		2:00 Strength		11:45 Massage	
		3:30 Jam Session		12:45 Bingo	
		7:00 Dance /UTE RC		1:00 Bridge	
9:00 Painting	15	8:30 Ceramics	16	9:00 Zumba	17
9:15 Pinochle		9:00 Stretch & Tone/Pickleball		10:00 Yoga	
10:00 Yoga		9:30 Utah Festival Opera		11:00 Blood Pressure/Glucose	
11:15 Chair A'Robics		10:30 Tai Chi		10:30 Recycle Presentation	
11:30-12:30 Lunch		11:00 Attorney Consultation		11:15 Chair A'Robics	
12:45 Bingo		11:30-12:30 Lunch / Exercise Help		11:30-12:30 Lunch	
1:00 Bridge		12:30 Game Day/ 12:45 Happy Hats		11:45 Massage	
1:00 Computer Help		1:00 Square Dancing		12:45 Bingo	
		2:00 Strength		1:00 Bridge	
		7:00 Dance			
9:00 Painting	22	8:30 Ceramics	23	Center Closed 	24
9:15 Pinochle		9:00 Stretch & Tone/Pickleball			
10:00 Yoga		10:30 Tai Chi			
11:15 Chair A'Robics		11:30-12:30 Lunch / Exercise Help			
11:30-12:30 Lunch		12:30 Game Day			
12:45 Bingo		1:00 Square Dancing			
1:00 Bridge		2:00 Strength			
1:00 Computer Help		7:00 Dance			
9:00 Painting	29	8:30 Ceramics	30	9:00 Zumba	31
9:15 Pinochle		9:00 Stretch & Tone/Pickleball		10:00 Yoga	
10:00 Yoga		10:30 Tai Chi		10:30 Grocery Guru	
11:15 Chair A'Robics		11:30-12:30 Lunch		11:15 Chair A'Robics	
11:30-12:30 Lunch		12:30 Exercise Help		11:30-12:30 Lunch	
12:45 Bingo		12:30 Game Day		11:45 Massage	
1:00 Bridge		1:00 Square Dancing		12:45 Bingo	
1:00 Computer Help		2:00 Strength Conditioning		1:00 Bridge	
		5:00 Springville World Folkfest			
		7:00 Dance			

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday at 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games — Dominos, Mexican Train, Rummikub, etc. — and teach you how to play.

Birthday Wednesday — July 1 & Aug. 5



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Learn how to play Pickleball at the Center every **Monday from 10:15-12:00** or **Thursday from 9:00-11:00** in the dining room.

Drop in play is every **Tuesday and Thursday from 8 am to noon and Friday from 6 pm to 9 pm at the Park Center in Murray Park**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. The Heritage outdoor courts will open soon!

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. Upcoming meetings: **July 2 & 16 and August 6 & 20**.

Outdoor Brunch Café—Starts July 13

Starting on **Monday, July 13**, the Center will offer a “Brunch” every Monday on the patio from **10:00-12:00**. Brunch will continue through Monday, August 31. The patio is a beautiful place to enjoy our visiting quail, flowers and morning breeze. You will be able to choose a complete meal or pick a la carte from the menu. Choose eggs any style, omelets, pancakes, waffles, toast, various meat items, hash browns, or the Chef’s special which changes weekly. Beverages are complimentary with your order. Meet the cashier on the patio, fill out your order form, and pay. Then take a seat and a volunteer server will pick up your completed and paid order and take it to the kitchen. Calli and her team will prepare your order and your server will bring it out to you at your table.

So stop by the patio and put in your order after your Monday NIA class at 10:00 or follow Pickleball with a light brunch, maybe it’s a great time to read the paper and catch up on the news before Bridge or Ladies Pool, enjoy brunch for lunch before the movie, or simply enjoy a meal with friends? If you would like to volunteer see Moe, we always need help.

On-line Registration



Did you know that you can register for a pavilion at any of the Murray Park locations on-line? Did you know that you can register for some of the Heritage Center programs and activities on-line? It’s an easy process that can be completed when you create an account at mcreg.com.

You will need an email address to create an account. Go to mcreg.com and select “New Account.” Once you have created your log in and password you can choose your activities for registration and pay using a credit card.



You will notice that some activities will say “register in person.” If you have questions about the process or which programs allow on-line registration, check at the front desk.

Congrats Pool Winners

The Salt Lake County Aging & Adult Services annual men’s and women’s pool tournaments were held last month. Congratulations to the winners: Women- 1st -Susan Rounds, Heritage, 2nd-Leslie Weeks, West Jordan, 3rd- Consuelo Harris, Liberty. Men-1st— Ken Liehr, West Jordan, 2nd-Ben Gambino, Draper, 3rd-Don Roholt, Taylorsville.

Golf Season In Full Swing



Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.

Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. All tournament fees must be paid at least 10 days before the tournament.

2015 Season Schedule:

7/13—7:30 Fox Hollow	9/14—8:00 Glen Eagle
7/27—8:00 Round Valley	9/28—8:30 Meadowbrook
8/10—7:30 Davis	10/5—Year End Banquet
8/24—7:30 Talons Cove	

New Pickleball Courts Open in July

The Heritage Center has two new Pickleball Courts. The courts are located in the backyard and will be available starting in mid-July. A ribbon-cutting ceremony and kickoff event is being planned for **Thursday, August 6 at 6:00 PM**. Watch for more details on how you can join in the fun! You can come and learn how to play pickleball on **Monday** or **Thursday** mornings when lessons are available on the court painted inside the Center on the dining room floor.



When the courts are completed, they will be available for play during the early morning hours as well as the evening when there is still light available. The backyard area with the courts will not be closed like the Center closes at 4:30. The patio area will only be open during Center operating hours but the courts will remain open evening and weekends.

Ladies Pool



On **Mondays at 12:30** a small group of women meet in the pool room to play pool. They would like to extend an invitation to any women that would like to join the pool group, maybe you played in the past, would like to refresh your skills, or just come and meet some new people.

Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons 12:45 to 4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

Newsletters

Newsletters are available at the front desk (1.00 donation), online at www.murray.utah.gov, emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$20 can be purchased and the newsletter will be mailed to your home each month.



Square Dancing



Kick up your heels with Square Dance caller Don Carlton on **Thursday afternoons from 1:00-3:00**. The cost is \$2.00 per day and is paid when you arrive. Beginners are welcome.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, but only IF you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to **smithsfoodanddrug.com** and register your card for the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Join us on Monday for Free Movie & Popcorn Showtime is 1:00



July 6 - **The Illusionist** (2006) 110 minutes - Drama
 July 13 - **Hugo** (2011) 126 minutes - Action/Drama
 July 20 - **Now You See Me** (2013) 115 minutes - Action/Comedy
 July 27 - **Sorcerer's Apprentice** (2010) 109 minutes - Action/Comedy
 August 3 - **Taken 3** (2014) 109 minutes - Action/Drama
 August 10 - **The Longest Ride** (2015) 139 minutes - Drama/Romance
 August 17 - **Home** (2015) 94 minutes - Animation/Comedy
 August 24 - **The Second Best Exotic Marigold Hotel** (2015) 122 minutes - Drama/Comedy
 August 31 - **Insurgent** (2015) 119 minutes - Action/Sci-Fi



Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAICHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS—Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

U of U Exercise & Sports Volunteer Students

A group of U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday at 12:30-2:00**. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness. The students also offer one-

on-one-help, sign up for that service in the exercise room.

Have you tried the wall mount for resistance training? The U of U students will be available on Tuesday and Thursday to demonstrate how to incorporate the bands into your exercise routine.



Research has shown aerobic exer-

cise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to SelectHealth for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. That means The Total Fitness Pass would only cost \$10 per month after reimbursement. That's \$10 for all exercise classes and use of the exercise room! What a great deal!

Total Fitness Pass

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneakers Fitness or the Silver & Fit program? Give your Silver Sneakers or Silver & Fit card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.

Arts In The Park

The Murray Park Amphitheater is located in Murray Park at 495 East 5300 South and has the following programs scheduled:

Ballet Under the Stars: July 10-11 at 8:30. \$8 Adults, \$6 Child/Senior

Murray Concert Band: July 18 at 8pm. \$5 Adults, \$6 Child/Senior

Annie Get Your Gun: July 30-August 1,3-5 at 8pm. \$10 Adults, \$8 Child/Senior

Big Band Swing in the Park, Guest Artist Bill

Tole: August 8 at 8pm. \$5 General Admission, Children Under 5 Free

Camelot: August 20-22, 24, 27-29 at 8pm

Murray Acoustic Music Festival: September 7 at 6pm. \$5 General Admission

Free **Lunch Concert** Series are held every Tuesday at Noon in Murray Park Pavilion #5

July 7 – Prevailing Winds

July 14 – Ambassadors, Oldies

July 21 – Slickrock Gypsy, Jazz

July 28 – Salt Lake Goodtime Jazz Band, Dixieland

August 4 – Time Cruisers, Oldies

Free **Family Night** Series are held at the Heritage Center on Mondays at 7PM:

July 13- Salt City Saints, Dixieland

August 10 – Ophir Creek, Bluegrass

September 14 – Wasatch Jazz Project Big Band

New Coffee Fee—\$1 for an 8-ounce cup



We have noticed there are a lot of coffee drinkers at the Heritage Center and coffee costs, like all food costs, have gone up in recent years. To help keep up with the cost we need to increase our price. So if you enjoy coffee, the cost at the Heritage Center will be \$1 for an 8 oz cup. If you bring your own cup from home and it's larger than 8 oz, please pay accordingly. Coffee should be paid each time you fill up a cup and the fee box (not a donation box) is located by the coffee pot. Thank you for paying for your coffee.

Silver Pen Essay Contest

Salt Lake County Aging & Adult Services, Salt Lake County Library Services and the Salt Lake Community College Community Writing Center invite all Seniors to participate in the 2015 Silver Pen Essay Contest by writing and submitting your own essay based on the theme: "I Surprised Myself When....".

- Work must be original, unpublished and created in essay format during 2015. Prizes for 1st-3rd place.
- Author must be 60+ years old.
- All entries must be between 350 to 500 max words.
- All essays must be submitted electronically to—www.slco.org/aging/silver/ and the deadline is 11:59 PM on September 7.

The SLCC Community Writing Center will offer a free workshop at Mt. Olympus Senior Center on Thursday, August 13 and August 20 at 1:00. Call the Mt. Olympus Center at 801-274-1710 to register.

More Trips...New Bus

As we try to accommodate the interest in trips using our new 14 passenger vehicle, you will notice two trips scheduled to most locations. Simply choose one trip that works with your schedule. If trips don't fill up, we will cancel one and combine.

Heber Drive — July 13 or August 13 at 11:00

Take a drive with us and test the new bus. On Monday, July 13 or Thursday, August 13, we'll drive to Heber and visit Granny's Drive Inn for one of their classic milkshakes. On the way back we'll drive through scenic Midway then down Provo Canyon and back. Cost is \$5 plus your expense for ice-cream.

Sundance—August 3 or August 18 at 11:00

Robert Redford says about Sundance, "To us Sundance is and always will be a dream. What you see, smell, taste and feel here is a dream being carefully nurtured." Live that dream by traveling with the Center bus to Sundance on **Monday, August 3** or **Tuesday, August 18**. The bus leaves at 11 and travels to Sundance where you can walk around and view the mountain vista while eating a sack lunch. If you feel adventurous, you can take a scenic lift ride to Ray's Summit (on your own). Cost of the trip is \$10 and includes transportation and a sack lunch.

Center Trips



...Travel with friends

Thursday, July 9 -8:30 Wendover

Travel to Wendover on **Thursday, July 9**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. [You may sign up now.](#)

Thursday, July 30 -5:00 Springville World Folkfest

The Center bus will travel to the Springville World Folkfest on **Thursday, July 30 at 5:00 PM** and will return about 11:00 PM. Cost is **\$10** and includes transportation and entrance to the Festival. Dinner cost is on your own. Bring a lawn chair and umbrella or hat. Trip registration begins July 10. The Springville World Folkfest brings the color and excitement of traditional folk dance and mu-sic from around the world to Springville, Utah. Prior to the main performance, we will sample a variety of international foods and craft booths .

Utah Festival Opera

Check for availability for the day trip to the Utah Festival Opera to see the matinee performance of *Man of LaMancha* on **Thursday, July 16 at 9:30**. Cost of the trip is \$55 and will include lunch on your own at the Bluebird Café.

Monday, July 20 or Tuesday, July 28 at 1:30—Ruth's Diner

Take a drive up emigration canyon to the famous Ruth's Diner for lunch. Depart at **1:30** and return at approximately 4:00. After lunch at Ruth's we'll make a quick stop to visit This Is The Place Monument, which marks the end of the 1,300-mile Mormon trail. The cost is **\$5** for transportation and lunch is on your own at the diner.

Friday, August 7—2:30 Payson Salmon Supper

Join us for the 61st annual Payson Salmon Supper on **Friday, August 7**. We have chartered a 56 passenger bus that will depart at **2:30** and the cost is \$26. Registration for this popular trip begins on July 16. Every August, thousands of pounds of fresh Alaskan salmon are flown in to Payson City for this hearty meal of fine-grilled salmon served with a baked potato, sweet local corn on the cob, salad and dessert. This annual celebration attracts visitors from all over, not only for the salmon, but for the entertainment as well. Local firemen, turned salmon chefs, busily prepare and cook the fish to perfection, commonly seen wearing their yellow coats. Musicians and singers serenade the crowd while in line. The wait is well worth it as you're sure to leave this small town with memories of this culinary experience.

August 25 or August 27 at 11:30 Brighton Silver Lake

Get out of the heat and travel up Big Cottonwood Canyon and enjoy a picnic at Brighton. As is days past, Brighton summers are easy and laid back. The Center bus will make two trips to Brighton, **Tuesday, August 25 and Thursday, August 27 at 11:30**. Cost for this trip is **\$10** and includes a picnic lunch. Wear your walking shoes to enjoy the boardwalk around Silver Lake.

Shakespeare Festival—August 31-September 2

The Heritage Center will again charter a bus to visit the Tony Award winning **Shakespeare Festival, August 31 – September 2**. Join us as we see three plays this year, *The Taming of the Shrew*, *Charley's Aunt*, and either *South Pacific* or *King Lear*. The cost is \$310 per person (double occupancy) and \$375 (single room) and includes two nights at the Abbey Inn, chartered bus, dinners at Rusty's and Milt's and three plays. Registration has begun and at least \$50 needs to be paid when reserving your spot. Final payment is due by July 23. No refunds are given after July 23 unless the spot can be sold.

Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In April and May our sponsors were Village Inn Mur-

ray & West Jordan, Chuck-A-Rama, Tony Summerhays, & Robert Evans.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **July 9 and Aug. 13 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, July 9 and Aug. 13** and be ready to Jam!



Evening Class Ideas

Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen or Susan and they'll try to make it happen.

Dinner & Dancing

On **Thursday, August 13 at 6:00** we will be offering a dinner and social dance evening. Cost for the dinner and dance is \$4 and must be paid in advance. Not interested in dinner? Our regular social dance will begin at 7:00 and tickets will be available at the door. Admission is \$4. We will be serving Pulled Pork, Salad and drinks provided by Texas Roadhouse. More Door Prizes, and more opportunities to win! Our dance theme will be Western this year. Wear your best Western look and have some fun!

Monday Evening Family Concert

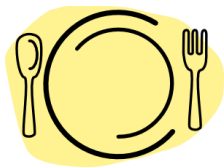
The free Monday evening Family Concerts will continue on **Monday, July 13 at 7:00 pm** in the backyard of the Center. The Salt City Saints (Dixieland Jazz) are a group of veteran players based in Salt Lake City who bring together decades of inspiration to fuse jazz, blues, funk, and rock into their own brand of originals and select covers. You'll hear familiar melodies from the illustrious past of jazz and rock, spun into lively adventurous renditions, energized with lots of soul.

Invite family and friends to attend, all ages are welcome. The Center will open at 6:00 if you'd like to bring a picnic to enjoy before the concert.

July 13 — Salt City Saints (Dixieland Jazz)

August 10 — Ophir Creek (Bluegrass)

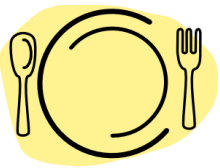
September 14 — Wasatch Jazz Project Big Band—Dinner will be provided to celebrate National Senior Center month. Watch for more details.



July 2015
Heritage Center Menu
 NO RESERVATIONS NEEDED unless it is a *special event
 Lunch is served anytime between 11:30 – 12:30
 Pay and make your selection when you are ready to eat.
 If the main entrée doesn't appeal, try a sandwich or salad option.
 Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		MEATLOAF Mashed Potatoes and Gravy, Brussels Sprouts Birthday Cake & Ice Cream	PORK MILENESE Roasted Potatoes, Broccoli Toffee Crunch Chocolate Cookie	CLOSED
6	7	8	9	10
Volunteer Banquet 5:00	CUBAN SANDWICH Chips, Fruit Salad Cinnamon Roll Banana Bread	HERB & CITRUS CHICKEN Baked Potato, Spin- ach Casserole, Frog Eye Salad	GENERAL TSO MEATBALLS Rice, Slaw Butterfinger Trifle	PARMESAN CRUSTED TILAPIA Alfredo Rice, Herbed Carrots Cola Cake
13	14	15	16	17
Brunch Café 10:00 – 12:00	SPINACH & PRO- VOLONE CHICKEN Pesto Pasta, Tomato Salad Fruit Pizza	STEAK SANDWICH Oven Fries, Broccoli Salad Toffee Chocolate Bars	RANCH CHEDDAR CHICKEN Potato Casserole, Peas Caramel Apple Sal- ad	STUFFED PEPPERS Green Salad, Roll Snowball Brownies
20	21	22	23	24
Brunch Café 10:00 – 12:00	FISH TACO Slaw Pineapple Bacon Cupcake	BEEF STROGA- NOFF Egg Noodles, Green Beans Berry Bread Pud- ding	PULLED PORK SANDWICH Coleslaw Rum Shortbread Cookies	CLOSED
27	28	29	30	31
Brunch Café 10:00 – 12:00	CHICKEN CACCIA- TORE Pasta, Caesar Salad Cherry Oreo Pie	CHORIZO ORANGE CHICKEN Potatoes, Asparagus Snickerdoodles	BLT SANDWICH Pasta Salad, Fruit Samoa Cake	CABBAGE ROLLS Green Salad, Roll Chunky Monkey Cupcake



August 2015

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Brunch Café 10:00 – 12:00</p>	<p>4</p> <p>STEAK DIANE Parmesan Potatoes, Peas Mint Chip Brownie</p>	<p>5</p> <p>TERIYAKI CHICKEN Rice Pilaf, Mixed Veggies Birthday Cake & Ice Cream</p>	<p>6</p> <p>GARLIC PROSCUITTO PORK Baked Potato, Cauliflower Gratin Almond Joy Oatmeal Cookie</p>	<p>7</p> <p>BUTTERMILK ROASTED CHICKEN Potato Casserole, Broccoli Peach Cobbler</p>
<p>10</p> <p>Brunch Café 10:00 – 12:00</p> <p>7:00 pm Family Concert Bring a picnic dinner</p>	<p>11</p> <p>SHRIMP BANH MI Asian Slaw Mocha Coconut Cookie</p>	<p>12</p> <p>MEXICAN CHICKEN Rice, Sweet Corn Hash Strawberry Margarita Cupcake</p>	<p>13</p> <p>SALISBURY STEAK Mashed Potatoes & Gravy, Green Beans Banana Split</p>	<p>14</p> <p>DILL SALMON Baked Potato, Roasted Veggies Triple Chocolate Poke Cake</p>
<p>17</p> <p>Brunch Café 10:00 – 12:00</p>	<p>18</p> <p>STICKY CHICKEN FINGERS Oven Fries, Iceberg Wedge Peanut Butter Lasagna</p>	<p>19</p> <p>REUBEN Chips, Fruit Lemon Velvet Cake</p>	<p>20</p> <p>GREEK CHICKEN Lemon Rice, Salad Cookie Dough Brownie</p>	<p>21</p> <p>BACON SPINACH PASTA Caesar Salad Butter Pecan Cookie</p>
<p>24</p> <p>Brunch Café 10:00 – 12:00</p>	<p>25</p> <p>FISH & CHIPS Coleslaw Texas Sheet Cake</p>	<p>26</p> <p>POT ROAST Mashed Potatoes & Gravy, Honey Carrots Pear & Caramel Pavlova</p>	<p>27</p> <p>CALIFORNIA CLUB SANDWICH Chips, Fruit Berry Clafoutis</p>	<p>28</p> <p>PARMESAN BACON CHICKEN Potato Stacks, 7 Layer Salad Lemon Cupcake</p>
<p>31</p> <p>Brunch Café 10:00 – 12:00</p>				